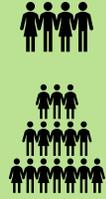


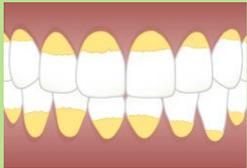
# Diabetes and Oral Health



Type 2 Diabetes affects 285 million people worldwide and this figure is predicted to increase by 50% by 2030.



## How diabetes affects your oral health



Poorly controlled blood glucose can lead to a rise in glucose levels in the saliva, which feeds the bacteria and can increase the formation of dental plaque.

## The most common oral health concerns that affect people with diabetes include:



- ➔ **Plaque build up**
- ➔ **Inflammation of the gums**
- ➔ **Gum disease**
- ➔ **Bad breath**
- ➔ **Dry mouth**
- ➔ **Oral thrush**

## To improve your oral health, make sure you:



Brush twice a day for two minutes with a fluoride toothpaste.

Visit your dentist regularly as your dentist will pick up any problems at an early stage.

**To find a dentist visit [www.nhs.uk](http://www.nhs.uk) or call 111**